

ABSTRACT OF THE DISCLOSURE

An image pickup apparatus that can realize a subject selecting function that can easily reflect a photographer's wishes without requiring a complex operation process, can prevent occurrences of unnecessary blurred images from an outset, can achieve the advantages of a distance measurement method limited to externally inputted positions, such as a selection of the subject, without sacrificing the AF performance of the conventional center-prioritized distance measurement method, and can carry out an appropriate focus adjustment for a main subject. A CPU selects one from a plurality of focus detecting regions on the screen of a display device. An operating element is provided that enables a photographer to instruct to change the selected focus detecting region. The CPU confirms the focus detecting region instructed to change by the photographer using the operating element when a predetermined condition is satisfied. The predetermined condition is that a predetermined time period has elapsed after the photographer instructed to change the selected focus detecting region.